

Squash and Meat Casserole

Squash and meat casserole is a mostly fresh from the garden meal in a pan. Use either yellow squash or zucchini. Multiple meats can be used, such as bacon bits, chopped pork, diced ham, scrambled beef, or diced chicken. This recipe will use diced ham, as it adds a specific flavor and texture to the dish. As in the squash and bean casserole, knowing the time it takes to pick, wash, slice, and prepare the food for baking is essential. The fresher the vegetables, the better. Sometimes, especially with ham or bacon, this dish tastes even better the day after.

Precook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Mushrooms
- Mushroom soup (gluten)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon

Pan: 2.5 quart oven safe pan with lid

Ingredients:**Meat:****1 cup of diced ham****Optional:****1/2 cup of bacon bits****Vegetables:****15 ounces of diced green beans****4 ounces of mushrooms****1 sliced yellow squash****1 sliced zucchini****Other ingredients:****1 tablespoon of butter****Mushroom soup (gluten free)****Dash of salt****Spices, such as pepper, to taste****Preparation time: 10 minutes****Preparation:****1. Wash and slice:****15 ounces of diced green beans****4 ounces of mushrooms****1 sliced yellow squash****1 sliced zucchini****2. Dice:****1 cup of ham****Optional:****1/2 cup of bacon bits.****3. Add to 2.5 quart oven safe pan:****1 tablespoon of butter****15 ounces of diced green beans****1 cup of diced ham****4 ounces of mushrooms****Mushroom soup (gluten free)****Dash of salt****Spices, such as pepper, to taste****1 sliced yellow squash****1 sliced zucchini****Optional:****1/2 cup of bacon bits****4. Mix well.****5. Cover and place in oven.****Cook Temperature: 350 degrees**

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.